

Washington: Burden of Chronic Diseases, 1996

Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Washington in 1996, accounting for 16,367 deaths, or 39% of all deaths.
- Ischemic heart disease accounted for 6,940 deaths, or 16% of all deaths
- Stroke was the cause of 3,480 deaths.

Cancer

- Cancer accounted for 24% of all deaths in Washington in 1996.
- The American Cancer Society estimates that 23,800 new cases of cancer will be diagnosed in Washington in 1999, including 3,400 new cases of lung cancer, 2,300 new cases

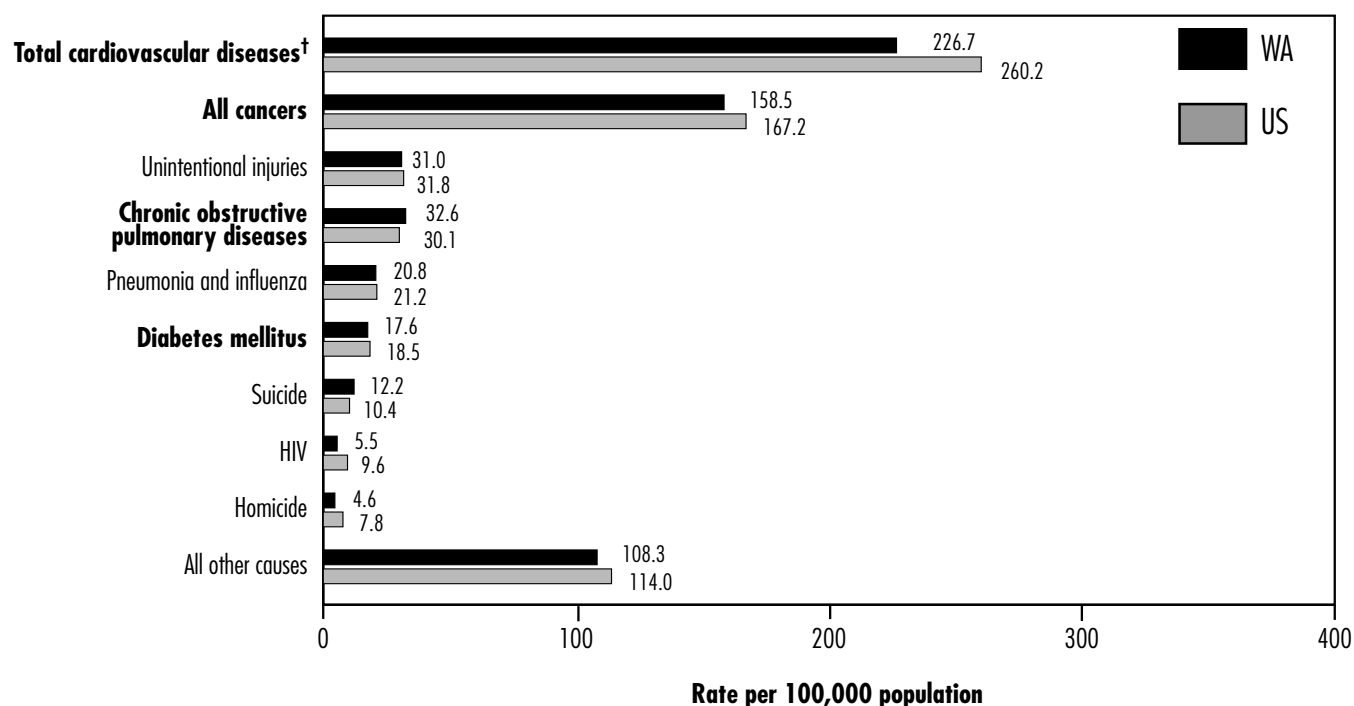
of colorectal cancer, 3,200 new cases of prostate cancer, and 3,300 new cases of breast cancer in women.

- The American Cancer Society estimates that 11,000 Washington residents will die of cancer in 1999.

Diabetes

- In 1996, 114,295 adults in Washington had diagnosed diabetes.
- Diabetes was the underlying cause of 1,152 deaths in Washington and a contributing cause of an additional 2,274 deaths.
- Rates of death from diabetes were 188% higher among blacks than among whites.

Causes of Death, Washington Compared With United States, 1996*



*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (98.4 per 100,000 in Washington and 131.0 per 100,000 in the United States) and rates of death due to stroke (45.9 per 100,000 in Washington and 42.0 per 100,000 in the United States).

Washington: Risk Factors and Preventive Services, 1997 and 1998

Risk Factors Among Adults

- In 1998, current cigarette smoking was reported by 27% of Hispanics and 21% of whites in Washington.
- No leisure-time physical activity was reported by 23% of blacks, 19% of Hispanics, and 17% of whites.
- Eating fewer than five servings of fruits and vegetables per day was reported by 81% of men, compared with 68% of women.
- According to self-reported height and weight, 65% of men and 44% of women were overweight.

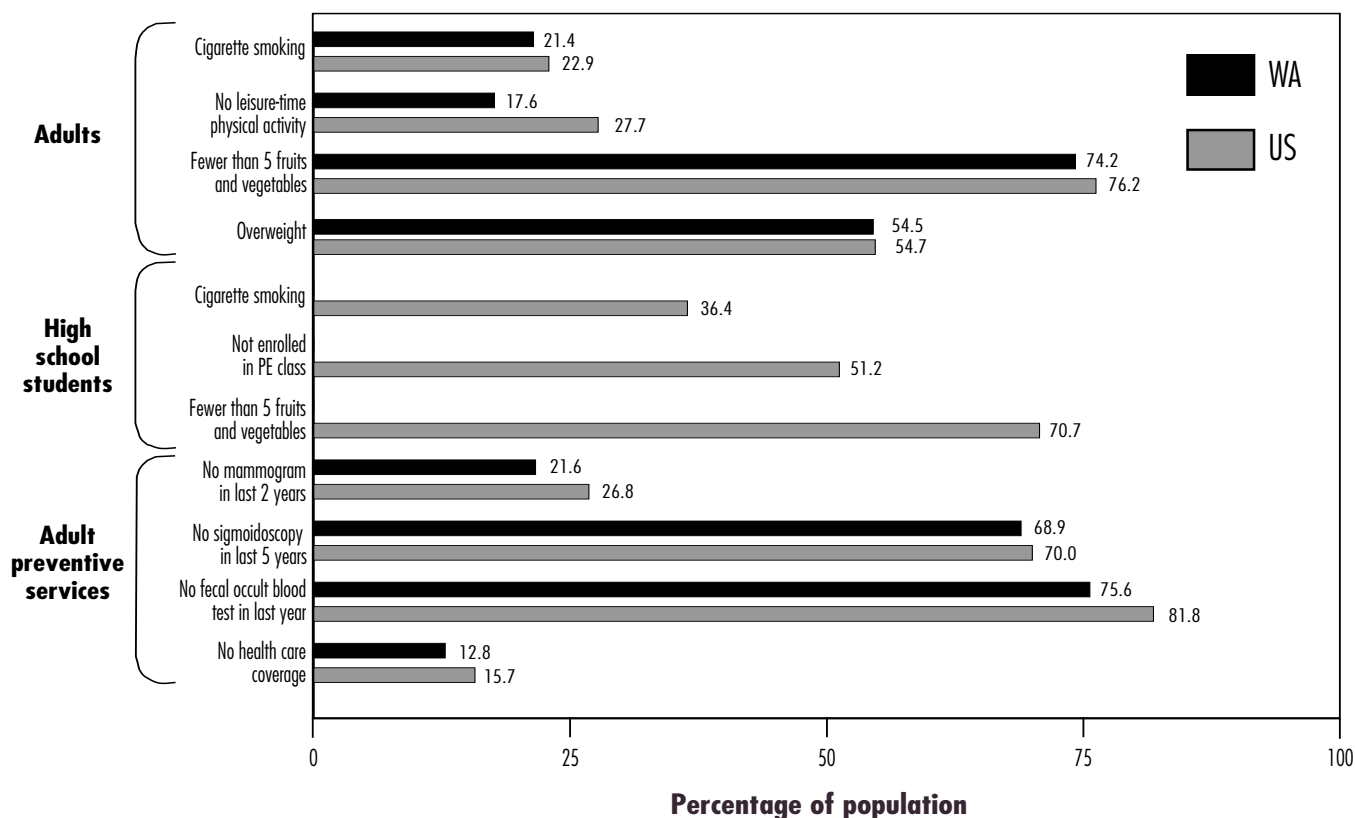
Risk Factors Among High School Students

The 1997 YRBSS was not conducted in Washington.

Preventive Services

- Of women aged 50 years or older, 22% reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 72% of women and 65% of men reported not having had a sigmoidoscopy within the last 5 years.
- Among adults aged 50 years or older, 80% of men and 72% of women reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, 21% of Hispanics, 17% of blacks, and 12% of whites reported having no health care coverage.

Risk Factors and Preventive Services, Washington Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.
CDC, Youth Risk Behavior Surveillance System, 1997.